

# \*WINTER 2017 FITNESS CLASS SCHEDULE\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Java Jumpstart</b> 5:45—6:10am  <b>Forever Active</b> 9:00—9:30am  <b>After Work 'Shake Up'</b> 4:00—4:30pm  <b>Health Switch</b> 5:00—5:30pm <b>IN SESSION</b>  <b>Fundamental Yoga*</b> 5:30—6:30pm <b>IN SESSION</b>  <b>Sweat Circuit</b> 5:45—6:15pm	<b>TRX and Iron*</b> 5:30—6:20am <b>IN SESSION</b>    <b>Tai Chi*</b> 1:00—2:00pm <b>IN SESSION</b>  <b>Wild Card Workout</b> 5:00—5:30pm  <b>Total Body Tuesdays</b> 6:00—6:45pm	<b>Java Jumpstart</b> 5:45—6:10am  <b>Forever Active</b> 9:00—9:30am  <b>After Work 'Shake Up'</b> 4:00—4:30pm  <b>Body Blitz</b> 6:00—6:30pm	<b>TRX and Iron*</b> 5:30—6:20am <b>IN SESSION</b>    <b>Core Blast</b> 5:25—5:55pm  <b>Power Pilates/TRX Combo Class*</b> 6:15—6:45pm Pilates 6:50—7:20pm TRX <b>IN SESSION</b>	<b>Cardio Java</b> 5:30—6:10am  <b>Forever Active</b> 9:00—9:30am  <b>Pilates*</b> 10:00—11:00am <b>IN SESSION</b>  <b>After Work 'Shake Up'</b> 4:00—4:30pm
				SATURDAY
				<b>Triple Threat</b> 9:00—9:30am

## Key

**Green Class\*:** Specialty class, 4- or 6-Week Sessions

**Blue Class:** Ongoing classes, free for BAMC Fitness Center Members, \$7 drop in

**Purple Class:** 12-Week Nutrition and Fitness Program (New session starts January 16th)

Updated 12/7/2016

**After-work 'Shake-Up'** *Instructor: Melissa*

Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We'll get your heart rate up and build your body at the same time!

**Body Blitz** *Instructor: Alexis*

This class will give you a total body workout combining cardio and strength training segments. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training!

**Core Blast** *Instructor: Lisa*

Get the results you want! Sculpt your midsection as you improve your body's overall functional strength, posture, balance, and coordination. Strengthen your abs, back, glutes, and more in a workout focusing on core muscles.

**Forever Active** *Instructor: Alexis (Mondays), Darcy (Wednesdays), Kelly (Fridays)*

Forever Active is a combination of cardio and strength training for those individuals seeking an active lifestyle and a little socialization! This low-impact class is perfect for ages 60+, but any age is welcome!

**Java Jumpstart/Cardio Java** *Instructors: Alexis (Mondays), Darcy (Wednesdays), Scott (Fridays)*

Start your day off with a little java! This class works out all areas of the body in a fun, exciting atmosphere!

**Sweat Circuit** *Instructor: Bonnie*

With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout!

**Total Body Tuesdays** *Instructor: Lisa*

Enjoy a total body workout that will incorporate strength and cardio drills. A variety of fitness props will be used to make your workout complete and fun!

**Triple Threat** *Instructors: Alexis or Darcy*

This class will give you a total body workout combining three segments: cardio, strength, and core. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in muscle training at the same time! This class is suitable and modifiable for all ages.

**Wild Card Workout** *Instructor: Melissa*

No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps, and routines to keep your mind alert and your muscles adapting! This class is for moderate to advanced fitness levels.